



**Need to talk?**

## We're here to listen.

Military and family life counselors are specialists who understand the challenges you face. They can help you with:

- ▶ Stress and anxiety
- ▶ Grief and loss
- ▶ Marriage, family and relationship issues
- ▶ Deployment and reintegration
- ▶ Emotional health and daily-life issues

Non-medical counseling sessions are free and confidential\* (no records kept). Available sessions include:

- ▶ After-hours and weekend appointments
- ▶ Group or off-site meetings

Call your local military and family life counselor to make an appointment.

Discover what the Military and Family Life Counseling Program offers at <http://www.militaryonesource.mil/confidential-help/mflc>.



\*Exceptions to confidentiality include mandatory state, federal and military reporting requirements (including domestic violence, child abuse and duty-to-warn situations).